



ANYONE CAN FALL

Prevent it from happening to you

Moving Safely at Home

If you are having challenges moving safely within your home, these resources may help you live well.

Family and friends

If you are having challenges, tell the people who are close to you. They may have suggestions or ideas. They can also help you explore other resources for help.

Occupational Therapists and Physiotherapists

People in these professions help people find ways to keep moving safely. They may work with the Extra-Mural Program, at hospitals and public health clinics, or in private practices.

How to contact them:

- Call the Extra-Mural Program at 1-888- 862-2111 (toll free) or contact them through their website: extramuralnb.ca. You do not need a referral.
- Call the nearest hospital or health centre. to ask if an occupational therapist or physiotherapist might be available to help you. Go to the websites Horizonnb.ca or Vitalitenb.ca for hospital and clinic contact information.
- If you have private insurance and your plan covers these services, ask your doctor or nurse practitioner for a referral.

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.



Primary Health Providers

Your doctor or nurse practitioner can help you figure out what may be causing your challenges. They can also help you find services, specialists, and other solutions for your needs.

Ability New Brunswick

If you have a mobility disability, Ability New Brunswick can help. They can connect persons with disabilities with specialists, financial help, and other helpful services. To reach them, call 1-866-462-9555 (toll free) or access their website at www.abilitynb.ca.

Equipment

Mobility equipment or assistive devices may be helpful for you. To learn more, look for the mobility equipment section in the Aging in New Brunswick Guide. The free guide is available by calling 211 or for downloading online at www.stu.ca/aging-in-nb-en

New Brunswickers aged 65 or more can schedule a free Seniors Health, Wellbeing and Home Safety Review. When visiting your home, the reviewer may recommend equipment or devices to help you. For more information, call 211 or go online: <https://socialsupportsnb.ca/en/program/home-firs>

As equipment and assistive devices can be costly, check out these financial tips:

- Need equipment? Ask your doctor or nurse practitioner to write a prescription so you can recover some of the costs through your taxes.
- Have a private insurance plan? Check to see if the equipment you need is covered.
- Member of the Canada Armed Forces or the RCMP? Current and former members and their families may be eligible for Veteran's Disability Benefits. For more information call 1-866-522-2122 (toll free).
- Before buying any equipment, talk with an Occupational Therapist or Physiotherapist. Sometimes people can benefit from second-hand equipment, like a used wheelchair or walker.
- Be careful not to buy new or used equipment that does not fit your body or needs.

SCAN for the website



For more information, look for the **Additional Resources for Older Adults** on the Finding Balance NB website at www.FindingBalanceNB.ca